



HB CERT HIGHLIGHTS

INSIDE THIS ISSUE
General Membership Meeting
Page 1

CERT Volunteer & Training Opportunities
Page 1

Fun in the Park (Cooking) Page 2

Don't Stress Out
Page 2

Drought Emergency in California
Page 3

The Way We Were
Page s 3—4

Remembering Howard Shifflett
Page 5

Cooking In The Park Photos
Pages 6—11

The Way We Were Photos
Pages 12-14

CERT Mission Statement, CPR Classes, Newsletter Staff
Page 14



CLASS 1

CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

July 2014

CERT General Membership Meeting June 12, 2014

The program for the June meeting was an introduction to the Orange County Red Cross Emergency Response Vehicle (ERV) and the services that the Red Cross volunteers provide.

After introductions, we all went outside where the ERV was parked and were served a delicious dinner by Red Cross volunteers, Gretchen and Gary Gorman, as a demonstration of how the Red Cross serves communities in need. The dinner, provided by the Huntington Beach Fire Department and prepared by Pizza D'Oro, consisted of salad, garlic bread, lasagna or ravioli. Thanks to HBFD and also to Cindy McDaniel and Denise Baehner for picking up the food!

After dinner, we went back outside to the Red Cross ERV where Gary Gorman, a retired Long Beach firefighter, told us about his experiences working as a Red Cross volunteer with his wife, Gretchen. They drive all over the country distributing food and bulk goods to damaged neighborhoods after a disaster. Gary is a National Fleet Operations manager who maintains the Red Cross response vehicles in Southern California. Gary and Gretchen also respond locally to individuals displaced by house fires and other emergencies here in Orange County. On this day, they had already responded to four calls. Thank you, Gary and Gretchen, for also serving Huntington Beach CERT!



ARC FEEDING CERT MEETING ATTENDEES

Volunteer Opportunities

4th of July - CERT Ham Radio Operators are needed to be the "eyes and ears" on the 4th of July parade route. Those interested HAMS must attend the upcoming RACES meeting on Monday, June 23, at 6 pm in the EOC. Email Ke6oce@gmail.com to sign-up.

4th of July - First Aid Booth at the end of the 4th of July parade route on Main and Clay Streets. Participants must be first aid certified. Hours from 6 am to noon. Email erin.concas@surfcity-hb.org to sign-up.

July 10 Logistics for the emergency management meeting, signup on the portal.

US Open First Aid Booth – Many volunteers are needed to fill the shifts during the Open which will be from July 26 through August 3. Must be first aid certified. For those needing certification, First Aid/AED class for US Open volunteers will be offered on July 12. Email erin.concas@surfcity-hb.org to sign-up.

Training Opportunities

Map Your Neighborhood Facilitators Training, June 26, 6:30 pm (EOC)

Sign-up on the portal: <http://www.huntingtonbeachca.gov/government/departments/fire/cert/cert-members-login.cfm>

Email erin.concas@surfcity-hb.org if you cannot login

First Aid/AED/CPR training (for those who will be working First Aid at the US Open (July26-Aug3))

July 12 8 am-12:30 pm EOC

Space is limited

Email erin.concas@surfcity-hb.org to sign-up

Next month's CERT general meeting Thursday, July 10: Southern California Animal Disaster Response Team (SCART) will be presenting!

Next newsletter will be combined August-September, published end of August

Fun in the Park

By Anna Pinter

The second annual "Alternative Cooking in the Park", which took place on June 21, 2014, was a huge success. CERT team leaders started arriving at 7:00 am and with their assistants began unloading their cars at Huntington Beach Central Park. Tables, chairs, Dutch ovens, box ovens and everything-but-the-kitchen-sink were set up and ready by 8:30 am to receive CERT members, families and friends.

Liz Martin registered each person and gave them a choice of which cooking team they wished to join. There were six teams and one demonstration team. All the cooking was done without gas or electricity. The methods used were Dutch ovens, box ovens, charcoal, propane and solar. Each team used a box oven and a Dutch oven.

The Hot Coals Team members, Peter Petrelis, Eric Pinter, and Art Weiland tended the charcoal and had hot coals ready for cooking by 9:00 am. All teams started the day cooking breakfast pizza in a box oven. We practiced how to prepare food using different methods and with the kind of food available in an emergency.

We were reminded to use food in the following order:

- Out of the refrigerator (since this will lose temperature and spoil first)
- Out of the freezer (freezer will hold temperature for awhile if not opened)
- Out of cans and boxes
- Dehydrated foods

There were 17 recipes prepared. Billie Brandon taught three demonstrations on making bread, ice cream in a Ziploc bag and carrot cake. Each team enjoyed their handmade pizza and shaking the ice cream until it formed into a creamy rich dessert to put over raspberry cobbler.

Billie Brandon is the Cooking Team leader and Virginia Petrelis is the assistant Cooking Team Leader. Peter Petrelis was the event coordinator. Event team leaders and their assistants were: Virginia Petrelis, Linda Vircks, Anna Pinter, Debbi Crothers, Judy Secor, Linda Vollmar, Tara Fort, Holly Payne, Melisse Bridges, Cynthia Goebel, Heidi Ross, Eric Ross, Nancy Boyer and Mimi Irvin.

Richard Batistelli and Paul LaGreek set up an interesting and informative demonstration on how to "tent out" in a disaster. Ron Roth was very helpful with logistics.

There were 55 adults and 14 children in attendance. As usual, CERT always has the best food and a fun time was had while honing our disaster preparedness skills.

Don't Get Stressed Out

By Heidi Ross

After our recent Tsunami drill, March 27, 2014, I was thinking about making sure all CERT members, including myself, don't get overwhelmed with all the demands of helping others. I was really concerned about how you turn your mind off when you go home. This is what I found:

"DON'T STRESS OUT"

Here are a few easy tips to remember during an emergency:

"Share Your Feelings" Talk with someone about your feelings, for example feelings of sorrow, anger or even fear.

"Seek Counseling" Speak with a professional counselor after an emergency, they can help with Post Disaster Stress, even if you're volunteering.

"You Are Not Responsible" You can't hold yourself responsible for the disaster or be frustrated that you cannot help directly in the rescue work.

"Promote Physical and Emotional Healing" Eat healthy, rest, exercise and don't forget relaxation and maybe meditation.

"Maintain Daily Routine" Keep a normal family and daily routine, limiting demanding responsibilities.

"Spend Time with Family" Spend time with your family and friends, which is a great source of comfort.

"Promote Memorials" It's healthy to grieve and seek closure, so participate in memorials.

"Support Groups" Find and use existing support groups of family, friends, and religious institutions.

For more information go to: www.ready.gov

To help the children who would have been evacuated from the local school, I wondered what I could do if help would not arrive for some time. This is what I found on the FEMA website: www.fema.gov

Disasters can leave children and teens feeling frightened, confused and insecure. Children's responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions.

"You are their biggest influence" When you are in control of your own feelings, you can make disasters less traumatic for your children.

"Encourage dialogue" Listen to your children and ask them about their feelings. Validate their concerns and feelings.

"Answer questions" Give just the amount of information you feel your child needs. Clarify misunderstandings about risk and danger.

"Be calm and reassuring." Discuss concrete plans for safety. Have children and teens contribute to the family's recovery plan.

"Shut off the TV and/or Radio" News coverage of disasters creates confusion and anxiety. Repeated images may lead younger children to believe the event is recurring. If your children do watch TV or use the Internet, be with them to talk and answer questions.

"Find support" Whether you turn to friends, family, community organizations or faith-based institutions, building support networks can help you cope which will, in turn, help your children cope.

Drought Emergency in California

The Huntington Beach Utilities Division, Drinking Water Quality Report 2014

In January, Governor Brown declared a state of drought emergency. He called on all Californians to curb their water use by 20 percent this year. As California enters the summer months, the extreme drought conditions will get worse. Some cities have curbed their use but the goal of 20 per cent has not been reached and a few cities have increased their usage.

Conservation Tips for Inside Your Home

Wash only full loads of laundry and dishes

Saves up to 50 gallons per week

Fix household leaks promptly

Saves up to 20 gallons a day

Spend only 5 minutes in the shower

Saves up to 8 gallons each time

Turn off the water while you brush your teeth

Saves up to 2.5 gallons per minute

Go to www.bewaterwise.com to learn more about how to save gallons of water every day.

Conservation Tips for Outside Your Home

Huntington Beach Permanent Water Conservation Requirements (M.C. 14.18.050)

- Irrigation prohibited between 9 am and 5 pm, and is limited to no more than 3 days a week.
- No excessive water flow or runoff is permitted
- Repair leaks, breaks and malfunctions promptly
- Water your lawn 1 or 2 days a week instead of 5 days a week. Apply the Soak and Cycle function

Saves up to 840 gallons a week

Check your sprinkler system monthly for leaks, overspray and broken sprinkler heads.

Saves up to 500 gallons per week

Please use a broom instead of a hose to clean driveways and sidewalks.

Saves up to 150 gallons each time

Consider replacing your lawns with drought-tolerant plants.

Want additional information? www.ci.huntington-beach.ca.us.

Do you have questions about your water? Contact Derek Smith or Jon Erickson

714-536-5921 or send an e-mail to dsmith@surfcity-hb.org.

The Huntington Beach Utilities Division, Drinking Water Quality Report 2014 was mailed to households in Huntington Beach, recently. If you did not receive a mailer there are mailers available in the Huntington Beach City Hall lobby.

Water is one of our main precious resources. Learn to conserve, especially now during 2014. Research and learn more about how to save water.

The Way We Were

By Raji Shunmugavel

A definition of a volunteer is “one who offers to do something for free”.

I was introduced to CERT by Mr. James Griffen, scout leader for the Boy Scout Troop No. 227. My son, Cheran, was a member of Troop 227. The boys would volunteer to help with the CERT outdoor cooking activities. I came along as a registered parent volunteer and enjoyed the food and the cooking activities. Mr. Griffen was a CERT member who volunteered in CERT in addition to his full time job and his leadership in the Boy Scout activities. Later when I graduated as a CERT volunteer, I realized that he contributed a lot of time to the cooking team and other teams he participated in throughout the year.

In the year 2000, I saw the wonderful services and commitment by the Burtis family members Phil, Carol and Justin. They were very skillful when setting up the tents in the outdoor camp classes. One day Carol told me she was involved in CERT almost like a full time job, organizing drills and teaching classes. Phil used to show Power Point presentations and also demonstrated excellent skills in ham radio. Justin grew up in the CERT family. He attended CERT classes before he was in school. Carol and Phil would teach personal preparedness. Justin would help out by giving his small speeches about personal preparedness and present his dog, Freeway's, “Pet Grab and Go Bag.” His speeches were given from his heart. When he was old enough to graduate, he became a CERT member and continued to give his heart-warming services. Time passes and Justin is now in college.

Anna Pinter was another CERT volunteer. In my context, if a day has twenty four hours, her day will have more than that. She would not sleep if one of her projects was not progressing. Anna makes things happen, and has a good ability to get along with people and run the show. Shelter team was her expertise and it was difficult to find someone to take her place. Art Weiland has always been helpful in Anna's CERT events and activities. Art joined the shelter, clerical, newsletter and senior teams. They make a good team working together.

Steve Belich was our Newsletter Team leader. We assembled the newsletter on Thursday afternoons and Friday morning until electronic technology took over. I still remember the year his wife, Vera, died. Even when she was in the hospital, he came to work to lead the team. When a person has a regular job, they have sick leave or they look forward to a vacation. In our CERT volunteer jobs we felt needed and many times scheduled our vacations around our project.

On the Newsletter Team I met the Walker family, Bob and Juanita, and Juanita's mother Juanita “Granny” Foster. They were a family who would work above and beyond. Juanita contributed many articles for the newsletter. Juanita and Granny worked many hours at home, assembling materials in order to make the work

go faster on newsletter assembly days. It was hard to judge how many hours they spent working. They would bring refreshments made in their home on Friday mornings. Coffee was made and the team of CERT members worked together and enjoyed each others' company. The members of the newsletter assembly team still miss the fellowship of friends volunteering to get the message of CERT out to others.

Ron Roth was our "young" volunteer. Even when he was CERT President, he still set up coffee pots and refreshments and was in charge of logistics for the CERT training classes. Ron was very efficient in running the activities out of the cargo container at the City Civic Center and other storage containers. He became our CERT Logistics Team leader and still has the title at the present. Whenever we have any event, he fills his truck with necessary supplies, unloads them and brings them back to the cargo container when the class or activity is over. Ron is very important because all these years his Logistic Team has been first in and last out at our classes, drills and events.

I met Cecil Wright as a person who did the raffles and handed out the gifts on "Save-a-Life" Saturday classes. Cecil was good with ham radio, radio net, helping out in newsletter team, set up and clean up. He was heavily involved in logistics along with Ron Roth. Cecil was CERT President for three years and then several years later we talked him into another term as President. I have no clue regarding his age. He volunteered like a little kid and he was very energetic. Energy would flow and he carried a smile with him.

I met Tara Twitty at Camp CERT 2003. She showed a great amount of enthusiasm and participation. Tara also became good at shelter management. She was on the Communication Team and volunteered on many projects. During the drills she would do moulage, making wounds, splinters and flowing blood. She would work for hours to make the drills more realistic. I enjoyed watching her when she did the moulage.

John Fort was CERT Communication Leader and ran the Wednesday CERT Net for years. John taught ham radio classes. Tara started the Communications Color team to help the CERT classes run smoothly. Tara became Mrs. John Fort and both are still involved in CERT. They have good leadership skills.

When I joined CERT I met Billie Brandon who still leads the cooking team and teaches outdoor alternative cooking. Many of her delicious recipes were enjoyed and shared at CERT events. With 40 years of Boy Scout experience, Billie is also an expert in first aid and moulage. Billie does a great job in moulage simulating wounds and broken bones, then treating and bandaging the wounds during our training events.

Judy Ann Morris is another active volunteer who has been involved with CERT since the beginning. The senior community enjoys Judy Ann's energetic and positive attitude. I have seen her involvement in Rodgers Seniors' Center. She coordinates Senior Saturday. CERT helps set up and take down the tents

and other equipment for the event. CERT also has a booth and helps educate the local residents on disaster preparedness. Judy Ann has wings when it comes to her dedication to the seniors. When Brevyn Mettler became HB Emergency Services Coordinator, she was able to help with the transition.

When Peter and Virginia Petrelis came on to the scene, they worked in a capacity that even now CERT cannot find a replacement for every single activity they have done in their years of service. Attending the meetings, organizing the events and leading teams without showing fatigue are the blessings CERT got from Peter and Virginia. Their contribution to CERT as dedicated volunteers set good role models to the community. Both are admirable for their persistence and perfection.

All the above individuals fit the definition of volunteers, and have dedicated a lot of their lives in service. I joined in the year 2000. During a major disaster, the community will need a lot of volunteer support. If everyone were like the above mentioned volunteers, all could do a good job of taking care of themselves during and after a disaster.

There were many volunteers who were working hard for CERT when I joined. The ones mentioned above were the individuals who encouraged me to continue in CERT.



ABOVE: RAJI SHUNMUGAVEL
BELOW: FUN TRIP TO SAN ANDREAS FAULT 2009



Remembering Howard Shifflett
November 19, 1927 – May 25, 2014
By Anna Pinter



HB CERT members met Howard as a tour guide always ready to talk about geology and especially the San Andres Fault. Howard would never charge a fee for the trips he guided for CERT. When members offered a tip he always refused. He enjoyed our trips because of our high interest in earthquake faults and our interest in disaster preparedness.

It is so hard to talk of Howard in the past for those of us who were privileged to know him. Art and I were on a twenty five day train trip when we heard Howard had passed. A few days later we were on a 53 hour journey on the California Zephyr traveling through canyons, undisturbed by civilization, where there were no roads. I looked up at the marvelous carved bronze-colored cliff, snapped a picture, wondered what caused this formation and immediately said, "Howard will know." How many times have those of us who traveled with Howard as our guide on two CERT earthquake tours to the San Andres Fault said, "Howard will know."

A few members of CERT followed Howard around, for several years, on his many tours to marvelous places to study the wonders of the earth and share in his enthusiasm as he spread his message; *"the earth is a living, ever-changing system that you could understand by careful examination of its features."* He shared his love of the earth, different types of rocks and minerals as if they were alive in the form of flowing rivers, steep mountain cliffs, deserts, valleys and hills. There was a reason for every rock being where it was, and every color and shape. We began to understand how earthquake faults were formed and shared in his excitement of an ever changing world. We listened as he told an intriguing story of how our planet came to be as it is.

Howard had a long career, for over 50 years at Long Beach City College as a teacher of geology. He inspired students and anyone who was interested in sharing his enthusiasm. In retirement, he led numerous geology-related tours for anyone who was interested.

Howard will be missed by his family. He is survived by Joan, his wife of fifty years, his brother Roy, children Guy, Jeff, Mark, Karen, Alec and granddaughters Marly and Katie. Each and everyone who was privileged to know Howard will miss him.

<http://memorialwebsites.legacy.com/HowardShifflett/homepage.aspx>



STANDING ON THE SAN ANDREAS FAULT 2005





JUNE 21, 2014 ALTERNATIVE COOKING METHODS IN THE PARK (CONTINUED)



JUNE 21, 2014 ALTERNATIVE COOKING METHODS IN THE PARK (CONTINUED)





JUNE 21, 2014 ALTERNATIVE COOKING METHODS IN THE PARK (CONTINUED)



JUNE 21, 2014 ALTERNATIVE COOKING METHODS IN THE PARK (CONTINUED)



THE WAY WE WERE PHOTOS



JIM GRIFFEN & BILLIE BRANDON



THE BURTIS FAMILY, CAROL, PHIL, AND JUSTIN

ANNA PINTER 1998



STEVE BELICH



**JUANITA WALKER & MOM,
JUANITA (GRANNY) FOSTER**

THE WAY WE WERE PHOTOS (CONTINUED)



BOB WALKER



RON ROTH & CECIL WRIGHT



TARA AND JOHN FORT



JUDY ANN MORRIS



VIRGINIA AND PETER PETRELIS



ART WEILAND

THE WAY WE WERE PHOTOS (CONTINUED)



TARA (TWITTY) FORT AND GLORRIA MORRISON



Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

Upcoming Events

SEE PAGE 1

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Saturday, July 12 - 10 AM to 1 PM
- Wednesday, July 23 - 6 PM to 9 PM
- Saturday, August 9 - 10 AM to 1 PM
- Wednesday, August 20 - 6 PM to 9 PM
- Saturday, September 13 - 10 AM to 1 PM
- Wednesday, September 24 - 6 PM to 9 PM

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

HB CERT Newsletter Staff

Proof Reading / Editing Team:

Anna Pinter	Judy Ann Morris	Peter Petrelis (Publisher)	Virginia Petrelis (Editor)	Art Weiland
Carol Nehls	Cynthia Goebel	Heidi Ross	Rajarajeswari (Raji) Shunmugavel	
Brenda Welch				



IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert **CERT Contact:** CERT@surfcity-hb.org
CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)